

Taking Care of Yourself—4.2020—Loss and Grief

During this week's discussion, the SWVA MRC Resiliency Team recognizes everyone is experiencing loss right now. Loss of daily life activities, loss of jobs, loss of routine, loss of seminal school activities like proms, graduations, Senior Banquets, etc. Compounded to those losses is the actual loss of friends, co-workers and family members to this virus. Some thoughts from our professionals:

1. *Don't judge others who are grieving their particular losses. Remember, you are not walking in their shoes.*
2. *Don't judge yourself and your loss. It's not trivial to grieve the loss of your weekly bridge meeting. It's what you miss right now.*
3. *Some may experience emotions related to old loss and old grief. Virtually reach out to others for comfort and support.*
4. *Keep that schedule set up four weeks ago. Don't change your regular sleep pattern.*
5. *Suggested articles: [Coping with Grief & Loss](#); [Coronavirus has upended our World, It's O.K. to Grieve](#); [Grief and COVID-19, Mourning our bygone lives](#)*

Podcast Suggestions:

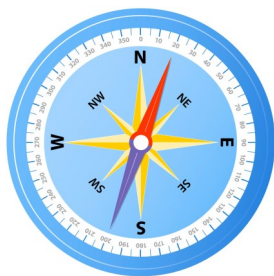
[*Unlocking Us—Brene Brown*](#)

[*Terrible, Thanks for Asking*](#)

[*What's Your Grief?*](#)

[*The Mindfulness & Grief Podcast*](#)

[*How to Survive a Quarantine as a Couple*](#)



"There is structure in a schedule. Loss of our schedule is the loss of our daily compass."

Dr. James Vesce

Make sure to keep to a schedule and follow that compass!

Loss for Young Adults

During this time of social-distancing and stay-at-home orders, many young adults are losing out on time-honored rites of passage. Senior Banquets, sports banquets, Spring formals, Ring Ceremonies and of course, graduation ceremonies. For college students, they are missing the opportunity to say an in-person farewell to friends & professors. This may be the first experience they have had with loss and grief.

[Click here](#) for tips to support your graduating seniors.



Click Photo for link to article from InsideHigherED

COMMENTARY from Medscape

Physicians and other healthcare professionals experienced significant moral injury before the COVID-19 pandemic. Physicians routinely encountered barriers to providing the kind of care they knew their patients needed. Moral injury is defined as "[...perpetrating, failing to prevent, bearing witness to, or learning about acts that transgress deeply held moral beliefs and expectations.](#)" [Click here](#) to read the full commentary on the issue of "moral injury" which may be experienced by many of health care professionals in the coming days.